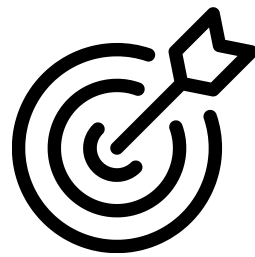


GROW Model – How to Attain Your Objective?

OBJECTIVE

What are your objectives?

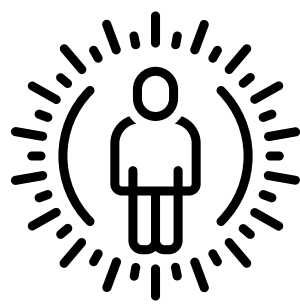
Establish a specific, measurable, and attainable objective.



REALITY

Where are you currently located?

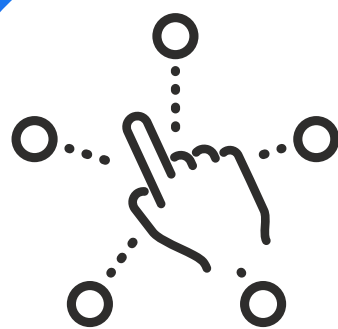
Evaluate your present circumstances and accessible resources.



OPTIONS

What alternatives do you have?

Identify various routes that can lead you to your objective.



DESIRE

What actions will you take now?

Formulate a definitive action plan and initiate the initial steps.

